

## AROMATHERAPY CUSTOMIZATION QUESTIONNAIRE

CLIENT INFORMATION		KNOWN SENSITIVITY	AROMATHERAPY FORM
Name:		Are you allergic, or have had a reaction to any essential oils in the past? Please list _____	For Therapist Use Only
Address:			Massage
City:	State:	Zip:	Hydrotherapy
Home Ph:	Work Ph:		Diffuser
M/F:	Fax:		
DOB:			

HEALTH STATUS		PERSONALITY PROFILE - Circle one answer for each question.			
Allergies	Yes No	1. I am often told by others that I am: a) A Leader      b) Creative      c) Popular      d) Psychic			
Cancer	Yes No	2. At work, I find that I am very good at: a) Problem-solving    b) Attention to detail    c) Administration    d) Motivating others			
Depression	Yes No	3. Controversy, I: a) Avoid it      b) Start it      c) Resolve it      d) Am the victim of it			
Diabetes	Yes No	4. In my leisure time I prefer to: a) Play sports      b) Dine with friends      c) Rest/Relax      d) Daydream			
Epilepsy	Yes No	5. I am: a) Joyful      b) Analytical      c) Independent      d) Patient			
Fibrosis	Yes No	6. I am secretly: a) Insecure      b) Envious      c) Self-critical      d) Misunderstood			
Heart Disorders	Yes No				
High Blood Pressure	Yes No				
Hypoglycemia	Yes No				
Kidney Disorders	Yes No				
Low Blood Pressure	Yes No				
Nursing Mother	Yes No				
Pregnancy	Yes No				
Sensitive Skin	Yes No	e) Stubborn      f) Unmotivated      g) Self-centered			

PHYSICAL CONDITIONS - What Physical condition do you feel vulnerable to and would you like to focus on? (circle one)					
Abdominal Pain	Cellulite	Earache	Infection	Neuralgia	Sinus Disorders
Abrasions	Chapped Skin	Eczema	Inflammation	Obesity	Sore Throat
Acne	Chills	Edema	Jaundice	Oily Skin	Stomach Ache
Age Spots	Cirrhosis	Fever	Joint Pain	Pain	Sunburn
Allergies	Cold	Fibroids	Kidney Disorders	Palpitations	Swollen Glands
Anemia	Colic	Flu	Laryngitis	Pimples	Thyroid Disorder
Arthritis	Congestion	Gastritis	Liver Disorders	Pneumonia	Tonsillitis
Asthma	Constipation	Gout	Lung Disorders	Poor Circulation	Urinary Infection
Baldness	Cough	Hangover	Menopause	Psoriasis	Varicose Veins
Bladder Infection	Dandruff	Hay Fever	Menstrual Cramps	Respiratory Disorders	Virus
Blisters	Dermatitis	Headache	Migraine	Rheumatism	Water Retention
Bronchitis	Dry Skin	High Blood Pressure	Mumps	Sciatica	Whooping Cough
Bruise	Dull Hair	Hormonal Imbalance	Muscle Aches	Sclerosis	Wounds
Burn	Dyspepsia	Indigestion	Nausea	Scrofula	Wrinkles

EMOTIONAL CONDITIONS			SPIRITUAL CONDITIONS	FOCUS CONDITION
Specifically what Emotional condition would you like to address? (circle one)			Specifically what Spiritual state are you trying to attain? (circle one)	Review the three conditions - physical, emotional and spiritual - that you have chosen. Which one is of primary importance? (circle one)
Anger	Hysteria	Nervousness	Aphrodisiac	
Anxiety	Insomnia	Nightmares	Harmonizing	
Delirium	Irritability	Poor Memory	Balancing	
Depression	Lack Concentration	PMS	Inspiring	
Dulled Senses	Lack Creativity	Restlessness	Calming	Physical
Fatigue	Malaise	Shock	Centering	
Frustration	Mania	Stress	Relaxing	Emotional
Grief	Melancholy	Trauma	Clarifying	
Hypertension	Moodiness		Stimulating	Spiritual
			Grounding	
			Uplifting	

IMPORTANT: This questionnaire is not intended to diagnose or treat any medical or emotional condition, and is in no way intended to replace or supplement medical advice. If you have a concern about a medical or emotional condition seek the advice of a qualified medical doctor.

TABLE A

**Basil, Sweet**

Ocimum basilicum  
Lamiaceae (Labiatae)

Synonyms      Common Basil, European Basil, French Basil, Joy-of-the-Mountain, St. Josephwort

Description      1-3" high, annual, bushy plant with leaves that are deep green on top and grayish-green on their underside and small, whitish flowers.

Geographic      Egypt, China, France, India, Iraq, Madagascar, Mexico, Panama, Turkey, USA

Properties      Anti-Inflammatory, Antiseptic, Antispasmodic, Aphrodisiac, Aromatic, Carminative, Demulcent, Diaphoretic, Diuretic, Emmenagogue, Expectorant, Febrifuge, Narcotic, Nervine, Stimulant, Stomachic, Tonic

Parts Used      Flowers

Extraction      Steam Distillation

Oil Color      Brownish-Yellow

Oil Smell      Licorice-like

Precautions      Cancer, Epilepsy, High Blood Pressure, Pregnancy

Toxicity      Moderate

Physical      Anemia, Arthritis, Asthma, Baldness, Bronchitis, Cold, Constipation, Dyspepsia, Fever, Flu, Gout, Hangover, Headache, High Blood Pressure, Indigestion, Inflammation, Insect Bites, Jaundice, Joint Pain, Laryngitis, Menstrual Cramps, Migraine, Mumps, Muscle Aches, Nausea, Neuralgia, Poor Circulation, Rheumatism, Sclerosis, Scrofula, Sinus Complaints, Stomach Ache, Water Retention

Emotional      Anxiety, Delirium, Depression, Dulled Senses, Fatigue, Fear, Insomnia, Lack of Concentration, Melancholy, Nervous Tension, Poor Memory, Restlessness, Shock, Stress, Trauma

Spiritual      Harmonizing, Stimulating, Uplifting

Table B